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Performance of junior college female throw ball players

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Abstract

The study was formulated has pre and post test random group design. In which 60 subject were divided in to three equal groups. The experimental group I (N-20 TRPT group) Throw ball specific training performed with Rresistance training and Plyometrics Training group, the experimental group11 (N-20 GTRP group) General Training group performed the Regular skill Practice. (N-20 control group) they did not practice any specific training .The testing session involved performing a battery of selected skill related test and performance related test warm-up of 10 minute was given and stretching was also given before and after conducting of test. Testing occurred before and after the 12 weeks training regimen. In the present was to determined the increase of mean in each variable from base line to post treatment, the statistical tool used for these are 't' ratio was used, analysis of co- variance was applied to determine deference between groups the scheffe's post of test was used to find out which treatment used in the present study was the source for the significance of adjusted post test means.Result of the study: throw ball specific training performed with resistance training and plyometrics training would significantly better than General Training group performed the regular skill practice and control group on selected performance variables and skill performance variables of junior college male players.

Keywords: Resistance,plyometric, and general training,speed,explosive strength.

1. Introduction

Throw ball is a non-contact ball sport played across a net between two teams of seven players on a rectangular court. Throw ball is popular in Asia, especially on the Indian subcontinent, and was first played in India as a women's sport in Chennai during the 1940s. Like volleyball, the game's roots are closely linked with the YMCA. Both volleyball and Newcomb ball, while older games, share many similarities with throw ball. Throw ball rules were first drafted in 1955 and India's first national level championship was played in 1980.

2. Objectives of the Present Study

The following are the objectives of the study:

To find out effect of throw ball specific training would significantly improve the selected performance variables of speed, agility, upper extremity strength, lower extremity strength, leg explosive power, arm explosive power, and skill performance variables overall playing ability of female ball players.

To find out the effect of traditional method of training on selected performance variables of, speed, agility, upper extremity strength, lower extremity strength ,leg explosive power, arm explosive power, and skill performance variables overall playing ability of junior college male players.

To compare the effect of throw ball specific training and traditional method of training on selected performance variables of speed, agility, upper extremity strength, lower extremity strength, leg explosive power, arm explosive power, and skill performance variables overall playing ability of college female players.

3. Methodology

3.1 Selection of Subject

Selection of subject to achieve the purpose of the study 60female throw ball junior college player were selected as subject sengunthar college tiruchengode, tamilnadu, the age of the subject were between 14 to17 years, all of the subjects had successfully passed a physical exam which they were screened for any possible injury are illness.

The received all the necessary information about the studies procedures in oral and written form, each subject completed a medical history forms a training back ground, questionnaire,

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and a written informed consent forms. The received all the necessary information about the studies procedures in oral and written form, each subject completed a medical history forms a training background, questionnaire, and a written informed consent forms.

3.2 Experimental Design

The study was formulated has pre and post test random group design. In which 60 subject were divided in to three equal groups. The experimental group I (N-20 TRPT group) Throw ball specific training performed with Resistance training and Plyometrics Training group, the experimental group II (N-20 GTRP group) General Training group performed the Regular skill Practice. (N-20 control group) they did not practice any specific training.

3.3 Selection of variables

3.3.1 Performance variables

1. Speed
2. Endurance
3. Agility

4. Explosive power
5. Flexibility

3.3.2 Skill Performance variables

Over all plying ability

3.3.3 Testing Protocols

The testing session involved performing a battery of selected skill related test and performance related test warm-up of 10 minute was given and stretching was also given before and after conducting of test.

Testing occurred before and after the 12 weeks training regimen.

All the tested were conducted in the morning expect aerobic capacity, which was conducted in the evening for the testing purposes the tester was assisted with 6 specially trained physical education teachers to finish up the test successfully.

3.3.4 Criterion Measures

The following test were chosen for measuring the variables

Variables	Test	Unit of measures
Speed	50 meter dash	(in seconds)
Agility	T agility test	(in seconds)
Upper Extremity Strength	1 RM Bench press	(in kilograms)
Lower Extremity Strength	1 RM leg press	(in kilograms)
Leg Explosive Power	Vertical jump	(in meters)
Arm Explosive Power	Medicine ball throw	(in meters)
Overall Playing Ability	Judges rating	(10 point scale)

Training schedule 1 to 4 weeks

S. No	Exercise	Intensity	Repetitions	Sets	Rest in between exercise	Rest in between sets
1	Half Squat	50%	10	3	60 seconds	3 minutes
	Duck Jump	--	5	3		2 minutes
2	Flat Bench Press	50%	10	3		3 minutes
	Medicine ball Chest pass	--	5	3		2 minutes
3	Leg pull over	50%	10	3		3 minutes
	Box Jump	--	5	3		2 minutes
4	Lat Pull Down	50%	10	3		3 minutes
	Medicine ball overhead pass	--	5	3		2 minutes
6	Leg Press	50%	10	3		2 minutes
	Burfee	--	5	3		3 minutes
7	Pull ups	50%	10	3		2 minutes
	Hop (single leg)	--	5	3		3 minutes
8	Leg Extension	50%	10	3		2 minutes
	Medicine ball chest Throw	--	5	3		3 minutes
9	Beck duck	50%	10	3		2 minutes
	Front Obstacle jump	--	5	3		3 minutes
10	Military press	50%	10	3		2 minutes
	Overhead throw	--	5	3		3 minutes

Training schedule 5 to 8 weeks

S. No	Exercise	5 th to 8 th week	Repetitions	Sets	Rest in between exercise	Rest in between sets
1	Half Squat	60 %	10	3	60 seconds	3 minutes
	Duck Jump	--	5	3		2 minutes
2	Flat Bench Press	60 %	10	3		3 minutes
	Medicine ball Chest pass	--	5	3		2 minutes
3	Leg pull over	60 %	10	3		3 minutes
	Box Jump	--	5	3		2 minutes
4	Lat Pull Down	60 %	10	3		3 minutes
	Medicine ball overhead pass	--	5	3		2 minutes
6	Leg Press	60 %	10	3		3 minutes
	Burfee	--	5	3		2 minutes
7	Pull ups	60 %	10	3		3 minutes
	Hop (single leg)	--	5	3		2 minutes
8	Leg Extension	60 %	10	3		3 minutes
	Medicine ball chest Throw	--	5	3		2 minutes
9	Beck duck	60 %	10	3		3 minutes
	Front Obstacle jump	--	5	3		2 minutes
10	Military press	60 %	10	3		3 minutes
	Overhead throw	--	5	3		2 minutes

Training schedule 9 to 12 weeks

S. No	Exercise	9 th to 12 th week	Repetitions	Sets	Rest in between exercise	Rest in between sets
1	Half Squat	70 %	10	3	60 seconds	3 minutes
	Duck Jump	--	5	3		2 minutes
2	Flat Bench Press	70 %	10	3		3 minutes
	Medicine ball Chest pass	--	5	3		2 minutes
3	Leg pull over	70 %	10	3		3 minutes
	Box Jump	--	5	3		2 minutes
4	Lat Pull Down	70 %	10	3		3 minutes
	Medicine ball overhead pass	--	5	3		2 minutes
6	Leg Press	70 %	10	3		3 minutes
	Burfee	--	5	3		2 minutes
7	Pull ups	70 %	10	3		3 minutes
	Hop (single leg)	--	5	3		2 minutes
8	Leg Extension	70 %	10	3		3 minutes
	Medicine ball chest Throw	--	5	3		2 minutes
9	Beck duck	70 %	10	3		3 minutes
	Front Obstacle jump	--	5	3		2 minutes
10	Military press	70 %	10	3		3 minutes
	Overhead throw	--	5	3		2 minutes

3.3.5 Statically Analysis

In the present was to determined the increase of mean in each variable from base line to post treatment, the statistical tool used for these are 't' ratio was used, analysis of co- variance was applied to determine deference between groups the scheffe's post of test was used to find out which treatment used in the present study was the source for the significance of adjusted post test means.

4. Result of the Study

1. The experimental group I (N-20 TRPT group) Throw ball specific training performed the with Resistance training and Plyometrics Training would significantly improved the selected performance variables and skill performance variables of college female throw ball players.
2. The experimental group11 (N-20 GTRP group) General Training group performed the Regular skill Practice would significantly improve the selected performance

variables and skill performance variables of junior college female throw ball players.

3. Throw ball specific training performed with resistance training and plyometrics training would significantly better than General Training group performed the regular skill practice and control group on selected performance variables and skill performance variables of junior college male players
4. It was hypotheses that the General Training group performed the regular skill practice would significantly better than control group on selected performance variables and skill performance variables of female throw ball players.

5. Conclusion

Throw ball specific training was the best training to develop the selected performance variables and skill performance variables of female players.

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